



Work can impact your mental health.

Psychosocial hazards are workplace factors that have the potential to cause psychological or physical harm if not adequately eliminated or controlled. Hazards can include the demands, organization, values, relationships, work-life balance and offensive behaviours of your workplace.

If these hazards exist at your workplace, alert your worksite's OH&S rep and:

- Take your full breaks. Use your vacation time. Take mental health holidays.
- Set boundaries. Learn to say "no". Leave work at work.
- Practice positive mental health in all areas of your life.

For more information about positive mental health at work, visit

ohs.bcgeu.ca

